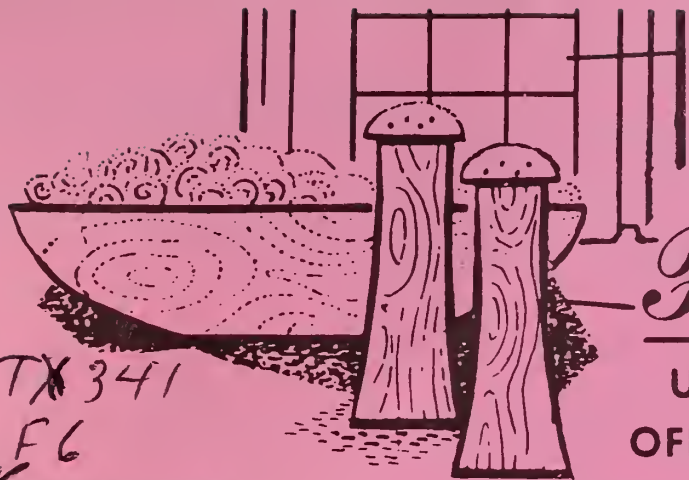


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# Food and Home Notes

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Eggs are not sold by exact weight. They are grouped within relatively narrow weight ranges or classes according to U.S. Department of Agriculture marketing specialists.

\* \* \*

Eggs that are sorted as to color and packed separately sell better than when sold as "mixed colors". In most parts of the country, white eggs are preferred.

\* \* \*

An abnormally shaped egg? Usually it sells for less because it is placed in the lower grades if the shell has ridges, rough areas or thin spots.

\* \* \*

If hens have been fed high concentrations of fish oil or garlic...the flavor will affect the eggs.

\* \* \*

U.S. weight classes for consumer grades for shell eggs state that Jumbo eggs must have a minimum net weight (per dozen) of 30 oz. --- or 29 ounces for an individual egg. Peewee egg weight is listed as 15 oz., but the small ones are 18 ounces.

## MEAT / POULTRY LABELS

### "ALL PURE"

After July 1, consumers will be able to rely more on meat and poultry labels. A new U.S. Department of Agriculture regulation prohibits the use of labels with such terminology as "all, pure or 100%" when the products are not precisely pure -- such as labels for "pure" Pork sausage.

Changes in the labeling regulations for certain meat and poultry labels actually refers to a court opinion concerning the term "all" which means "wholly, completely, exclusively and solely. Since most processed meat and poultry products contain small amounts of seasoning and curing agents, they do not comply with the new interpretations. of the descriptive terms... but will after July 1976.

Most meat and poultry labels (any printed after January 1, 1975) already concur with the new terminology---but the deadline has been set for July 1st when no old labels may be used.

## COST OF FOOD AT HOME FOR A WEEK (December)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.50	\$37.10	\$44.70
Elderly couple.....	26.10	32.40	38.90
Family of 4 with preschool children.....	41.50	51.80	62.30
Family of 4 with elementary school children.....	50.10	63.00	75.90
Individuals*			
Women			
20-54 years.....	11.90	14.90	17.90
55 years and over.....	10.70	13.20	15.80
Men			
20-54 years.....	14.90	18.80	22.70
55 years and over.....	13.00	16.30	19.60
Children			
1-2 years.....	6.70	8.20	9.80
3-5 years.....	8.00	9.90	11.90
6-8 years.....	10.40	13.00	15.70
9-11 years.....	12.90	16.30	19.60
Girls 12-19 years.....	12.30	15.30	18.30
Boys 12-14 years.....	13.80	17.30	20.80
15-19 years.....	15.30	19.20	23.10

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.



## NEW, PROTEIN - FORTIFIED COOKIE

A new protein-fortified cookie that tastes good...and actually is nutritionally good for you has been developed by the Mississippi State University/Cooperative Extension Service . The cookie has many attributes. Besides being nutritious, (it compares to a hot dog — approximately 13% protein) it travels well, is moist enough to be very tasty, but it's solid enough not to crumble.

The new cookie received 95% acceptance from a taste panel of 6-to-65-year olds. The final result of a formula that was changed 18 times in the ~~ninety~~ day period in its initial production. Dr. Stanley Rosenberger, manager of the MSU Food and Fiber Center, also reported that school children in Starkville, Mississippi, liked the new cookie during a taste-testing held at the school.



School children like new cookie: Dr. Stanley Rosenberger, manager of the Mississippi Cooperative Extension Service Food and Fiber Center, talks with some of the school children who taste-tested the new protein fortified cookie.

## PROTEIN - FORTIFIED COOKIE (CON T)

OATMEAL

What's so different about this cookie? Many cookies developed in the past met nutritional requirements but were not accepted by taste panels...they could be made in only one flavor -- had no storage-life -- crumbled and fell apart or wouldn't pack well to ship or carry. This new cookie passes all those tests.



Four varieties of the new cookies have already been tested -- oatmeal, brownie, toffee, and sweet potato. They have a shelf-life of more than 3 months and may be held in 150-degree heat without losing their flavor or nutritional value. The cookies meet the FAO requirements ( for 1/5 of the recommended daily amount of protein for 7-9 year old children)..about 240 calories per cookie .

Samples of the cookies have been tried even after 5 months cold storage, and according to researchers, the cookies still are good.

In Iran where no school lunch programs exist, the cookie may be considered as a noon-time meal. Compared to other cookies of equal nutritional value they are not expensive to make. However, transportation costs for distribution are cost-factors that may present a problem.

The development of this cookie was the result of a direct request from the Governor of Mississippi to the Extension Service. The oatmeal cookie is now being considered by the government of Iran. This is part of the international agri-business development that reaches out to Developing Nations to help them become more self-sufficient.

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